



## Board of Directors

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**Theresa Wright**

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**Dennis Donohue**  
**John Farahmand,**  
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**Fely Garden**  
**Julio Gil**

**Julie Laughton**  
**Beverley Meamber**

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**Robert Russell**  
**Carol Snow, RN**

**Fernando Torres Gil,**  
PhD

**Sam Trevino, LCSW**  
**Debbie Tanimura**  
**Steve Villegas**  
**John Wong**

**Donald D. Chapin, Jr.**  
Capital Campaign  
Chair

**Jana M. Friedrich**  
Administrative  
Assistant

**Kalah Bumba, Editor**

## It's All About Membership

Take a look at all those folks on page 2 who have promptly renewed their membership, or have joined our organization for the first time. **Thank you so very much!** We can't tell you how much we appreciate your support. We are so grateful for the response when we send out the reminders in early June when we receive your checks, sometimes by return mail. It tells us that you believe in our vision and want us to keep plugging along. It really does help to have your "strength in numbers" behind us when we want to roll over in bed and skip that early morning meeting that is the 6<sup>th</sup> meeting this week. Then we remember there is a constituency behind us, counting on us, to be there, advocating for a Salinas Senior Center!

The dues that we receive make up about one-third of our budget. Our annual Seniors' Prom makes up the second third, and the remaining is realized through grants. We have one part-time staff who works fifteen hours per week. I put in anywhere from 15 – 40 hours per week volunteer time. This, plus an 11 member board of directors, keeps us going.

**We want to grow our membership.** We will be sending out reminders in case you have misplaced your renewal letter. And we hope you will move up your membership level if you are comfortable with that. Also, a membership makes a great gift for the person who has everything.

We are so grateful to our supporters—those of you listed on Page 2 and those of you who have already paid for 2019 and beyond that are not listed. And those of you who will pay when you get your reminders, or those who will tear off the sheet on the back of this newsletter. **THANK YOU!**

Kalah Bumba

## Hypertension (High Blood Pressure)

High blood pressure is a serious illness that affects nearly 65 million adults in the U.S. It's often called a "silent killer" because many people have it but don't know it. Over time, people who do not get treated for high blood pressure can get very sick or even die.

**What does high blood pressure do to your body?** It can cause life-threatening illnesses like kidney problems, stroke, heart failure, blindness, and heart attacks.

**Who is at risk?** African Americans, people over age 55 or with a family history of high blood pressure.

**Chances of having high blood pressure are higher if you:** are overweight, eat foods high in salt, do not get regular exercise, smoke, drink alcohol heavily.

**What are the signs of high blood pressure?** Many people don't feel sick at first. The only way to know for sure is to get your blood pressure checked by a doctor or other health professional. For if it is 120/80, the first number is the pressure when your heart beats (systolic pressure). The second number is when your heart relaxes (diastolic pressure). Your blood pressure goes up and down during the day depending on what you are doing. Brief rises are normal, but the higher your pressure stays, the more at risk you are. If your pressure is often greater than 140/90, you may need treatment. If it is greater than 120/80 and you have other risk factors such as diabetes, you may need treatment.

**How is high blood pressure treated?** There are medicines people can take every day to control their high blood pressure. Only your doctor can tell if you need to take medicines.

**How is high blood pressure controlled?** Check your blood pressure. Take your high blood pressure medicine every day if needed. Exercise often. Eat food low in salt. Do not smoke. Limit Alcohol. Talk to your doctor regularly about your pressure. Source: Dept. of Health and Human Services

## A Heartfelt Thank You! To All \*New & Renewed Members

### ANGEL

Amezcuca, Carmen  
 Ausonio, Nancy  
 \*Boggiatto, Lucia & Michael  
 Bollin, Patrecia & Richard  
 Briscoe, Lynne Sergius  
 Bumba, Kalah  
 California Water Service. Inc  
 Camany, Florence  
 Castro, J.M.  
 Diebold, Lynn  
 Edgcomb, Julia  
 Felice, Peter  
 Friedrich, Patricia  
 Gash, Jacqueline  
 Gish, Vearl  
 Goldman, Peggy  
 Gray, Christine  
 Guidotti, Monica  
 Hayashi, Diane & Douglas  
 Hedegard, Bettyann & Alan  
 Hernandez, Bonnie-Lou & \*Miguel  
 McCarty, Molly  
 McGrath-Massie, Brigid  
 Meamber, Beverley  
 Meurer, Fred & Phyllis  
 Mondocea, Cornel  
 Mortensen, Karen  
 Moser, Jacqueline & Wallace  
 \*Nishimura, Scott M  
 Nissen, Joanne  
 Nucci, Joan  
 O'Boyle, Emmet  
 Payne, Michael  
 Ranzenberger, Bev & Gary  
 Roberts, Jenell  
 Rucka, Corrine  
 \*Sakasegawa, Dean  
 Scariot Sr., James  
 Silveria, Margaret  
 Simmons, John & Rose  
 Torres-Gil, Fernando  
 Tucker, Julie & Wayne  
 O'Conner, Martin

Van Cleave, Philomena  
 Vindhurst, Michael & Susan  
 Wang, Jean  
 Whitney, Kendell  
 Wilson, Joanne  
 Wright, Theresa

### PLATINUM

Boothroyd, Bert & Karen  
 Britton, Sophie  
 Caballero, Anna  
 Central Coast VNA & Hospice  
 Colburn, Dolores  
 Combs, Dolores & Jerry  
 \*Davis, Karen  
 \*DeSerpa, Nancy  
 Dunbar, June  
 Farm, Dexter  
 Foe, June  
 Heredeem, Anne & Robert  
 \*Holliday, Maria Carlon  
 Honnors, Millie & Robert  
 Horan, Larry  
 House, Millie & Robert  
 Mills, George Flores  
 Morris, Josephine  
 Repsher, Boyd & Lois  
 Santos, Lynn  
 Teixeira, Sylvia  
 Tsukamoto, Cynthia & Gene  
 Wolf, Karla

### GOLD

Black, Gail  
 Collins, Janet  
 Dake, Clarence  
 Georgalos, Chrisanthi  
 Griffin, Mary  
 Hansen, Nancy  
 Kiatta, Thomas  
 Kulper, Kathy  
 Littleton, Juanita  
 Luzod, Diane  
 Medellin, Eva

Schmeh, Carol  
 Smith, Mae Evelyn  
 Squires, Donelle  
 Vezzolo, Lila

### SILVER

\*Anderman, Janice  
 Borges, Irene  
 Bumba, Brandy  
 Bumba, Brielle  
 Burke, Ellyse  
 Cherry, Virginia  
 Cromer, Becky  
 Degroot, Mary  
 Earhart, Denise & Jim  
 \*Foster, Rosie  
 Howell, Peggy  
 \*Jensen, Gwen  
 Kubik, James  
 Martella, LeRoy  
 Nilsen, Karma & Robert  
 Muldoon, Ruth  
 Penrose, Lynne & Richard  
 Pettit, Sally, Robert  
 Posada, Angela  
 Reclusado, Andrea & Steve  
 Robles, Carol  
 Robles, Ramona  
 Rotharmel, Linda & Eugene  
 Schmidt, Gloria & William  
 \*Schreihart, Teri  
 Silva, Janet & John  
 \*Skelton, Cynthia  
 Thomas, Juness  
 Torin, Phyllis  
 Viarengo, John & Marie  
 Wong, John

**SALINAS SENIOR CENTER**

**Thanksgiving Dinner**

Wednesday, November 15, 2017

**Holiday Dinner**

Wednesday, December 13, 2017

**St. Patrick's Day Dinner**

Wednesday, March 7, 2018

**Older American's Month Dinner**

Wednesday, May 16, 2018

Doors open at 5:30 pm  
 Dinner service at 6:00 pm  
 Hartnell Student Center  
 411 Central Ave., Salinas 93901  
 Please call 757-6030 or  
 Email: [ssc@salinasseniorcenter.org](mailto:ssc@salinasseniorcenter.org)  
*For your reservations to take out or to  
 dine in with us!*  
 A SSC "Friendraiser"

**Board Matters**

At our Annual Meeting in July we elected **Lynn Diebold** to the Board of Directors. Lynn will certainly be an asset to the organization as she has experience in the nonprofit world serving on the Arts Council in leadership positions. She came to M.C. to be the Director of the 9-1-1 Center. We bid farewell to Board member **Jim Gonzáles** who served on our Board for 3 years. Jim opened doors for us to the legal community and was a generous donor. He will be missed.

**Volunteers Needed for Prom Committee**

Call the office or send an email if you're interested in helping with our 13<sup>th</sup> Annual Seniors' Prom to be held in 2018. We will match your skills with our needs. Join a fun group for a great event.



**SEVERE WEATHER**

**Severe Winter Weather Brings Preparedness Reminders**

Winter weather brought about flooding and even evacuations in some areas. The American Red Cross recommends that senior citizens create a personal support network made up of several individuals who will check in on you in an emergency, to ensure your wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. Ideally, a minimum of three people can be identified at each location where you regularly spend time, for example at work, home, school or volunteer site. Here are important items to discuss and implement with a personal support network:

- Make arrangements, prior to an emergency, for your support network to immediately check on you after a disaster and, if needed, offer assistance.
- Exchange important keys.
- Show them where you keep emergency supplies.
- Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
- Agree on and practice methods for contacting each other in an emergency. Do not count on the telephones working.
- You and your personal support network should always notify each other when you are going out of town and when you will return.

**In Memory**

- Keith "Gabbie" Bowker  
 Jack Briscoe  
 Sharam "Butch" Farahmand  
 Carla Isberg  
 Zayla Reyes  
 Eva Scandrett  
 Deborah Tewksbury Gerszewski

**Salinas Senior Center**

250 Main St., Suite B 2nd Floor

SALINAS, CA 93901-2704

**PHONE:** 831-757-6030

**EMAIL:**

ssc@salinasseniorcenter.org

We are under Web reconstruction

[www.salinasseniorcenter.org](http://www.salinasseniorcenter.org)

FED ID #77-0428637

*Does your name on the address label have an \* after it? Then you're a current member.*

***We thank you very much!***

*If you don't have an \* after your name on the label, please consider joining our cadre of supporters. You'll be helping us with operating expenses. Thank you!*

**Our Mission Statement**

To serve individuals and their caregivers, ages 50 and over, by developing and delivering innovative services to enhance the independence, health, and well-being of seniors in our community.

**YOU TOO CAN BECOME A CHARTER MEMBER!**

by remitting your annual membership dues today.

Members will be issued membership cards each year.

**Our membership runs from July 1 through the next June 30.**

(Amounts are per person, e.g. single Charter Angel Member = \$100; couple = \$200)

Charter Silver Member (\$25)

Charter Platinum Member (\$50)

Charter Gold Member (\$35)

Charter Angel Member (\$100)

Name(s) (Please print): \_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Payment Method:  Check enclosed  Credit Card (No Debit Cards)

(Please fill in **all** the following): Card Type:

Visa  Master Card  Discover Card

Card Number: \_\_\_\_\_

Name on card, please print: \_\_\_\_\_

Security # (on back of card): \_\_\_\_\_ Expiration Date: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Can we count on you as a volunteer?  Yes  No

How would you like to help? \_\_\_\_\_

Please cut this out and mail to the Salinas Senior Center PO Box 6388, Salinas, CA 93912